

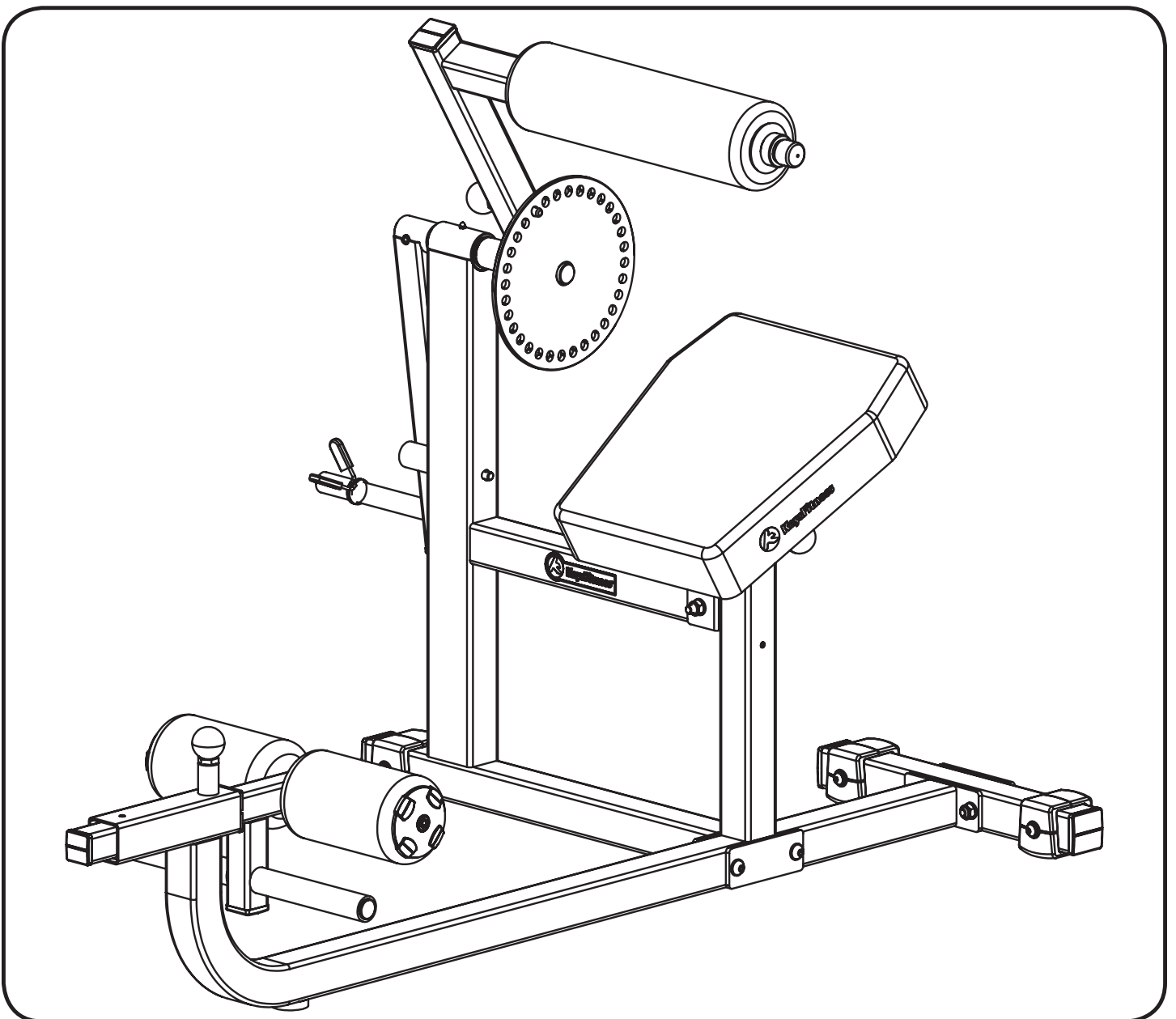


KeysFitness®

KF-ABM

AB/BACK MACHINE

Owner's Manual



215-00130
10/06 Rev A



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Before You Start



THANK YOU for making this unit a part of your exercise program. Keys Fitness assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Help line. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.keysfitness.com within 10 days of purchase.

KEYS FITNESS SERIES

MODEL: KF-ABM
QUESTIONS?
CALL
1-888-340-0482
Monday-Friday
8:30-5:30 Central Time

When calling please have the following product information available:

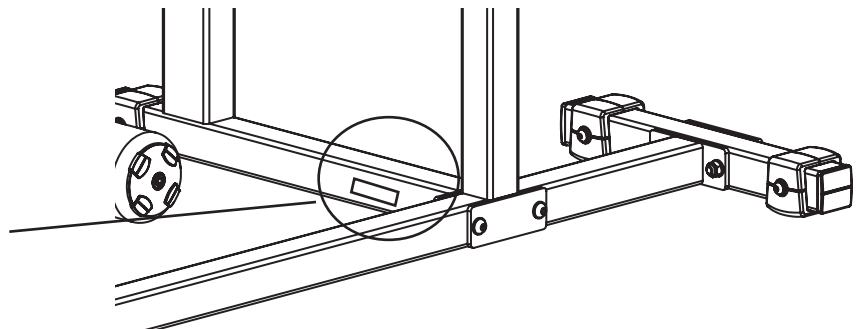
Model Name :

Date Mfg.:

PO # :

Serial #:

Model Name Decal Location



Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

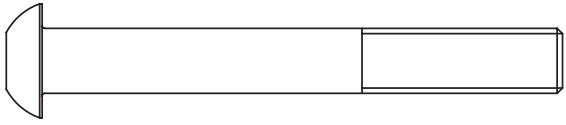
WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

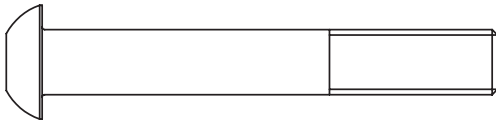
- This unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys Fitness technician. Failure to follow these instructions will void the warranty.



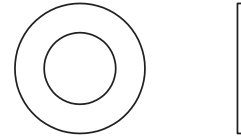
[39#] M10*80 4pcs



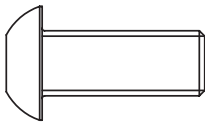
[37#] M8*6 1pc



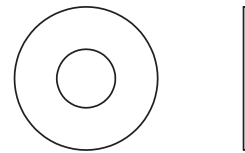
[38#] M10*70 1pc



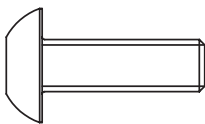
[42#] $\Phi 11*\Phi 23*2$ 12pcs



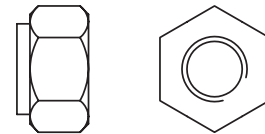
[40#] M10*25 2pcs



[43#] $\Phi 9*\Phi 16*1.6$ 6pcs

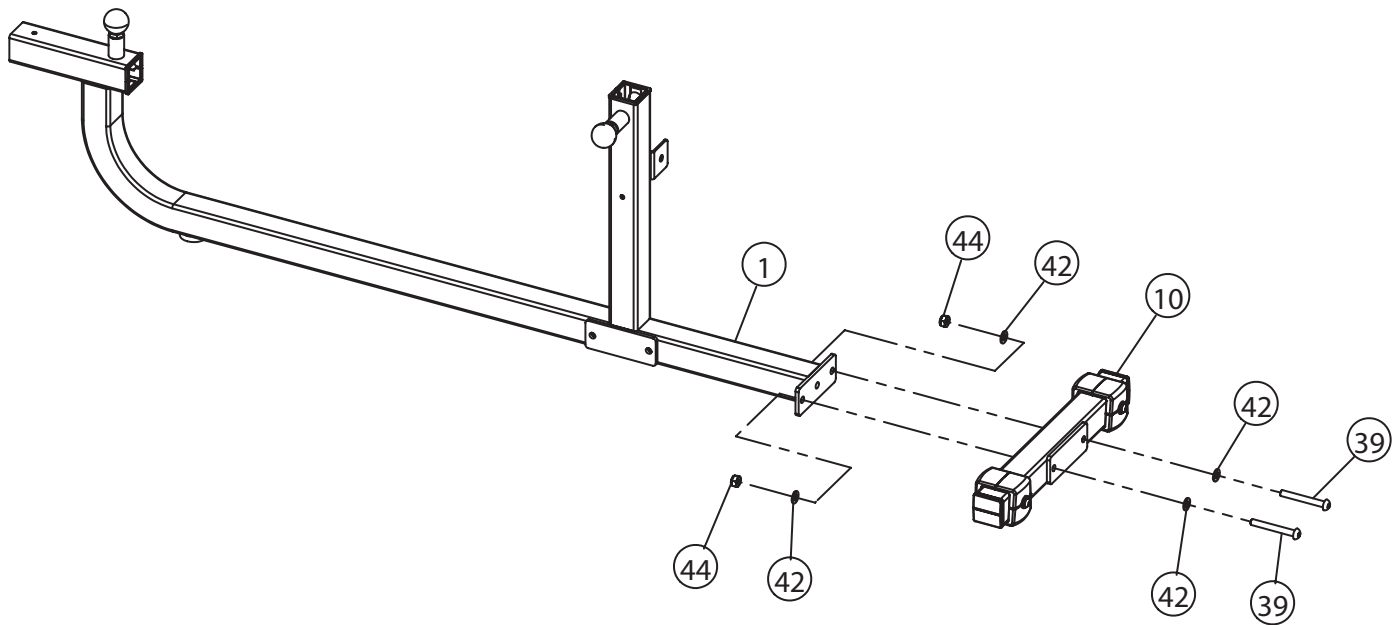


[41#] M8*25 6pcs



[44#] M10 5pcs

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 1

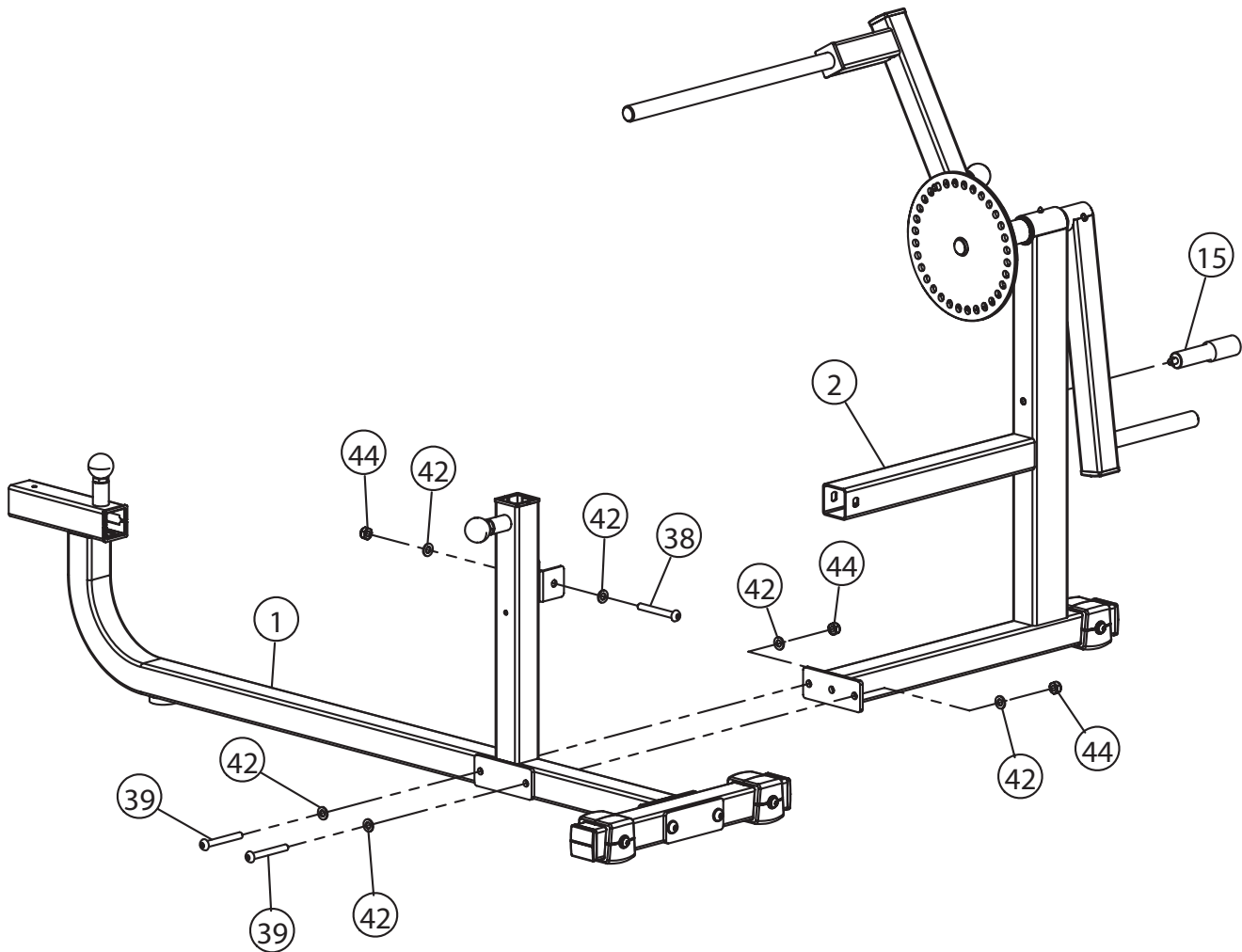
Connect Main Frame (1) to Rear Base (10) using:

2 x (39) Bolt

4 x (42) Washer

2 x (44) Nylon Lock Nut

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



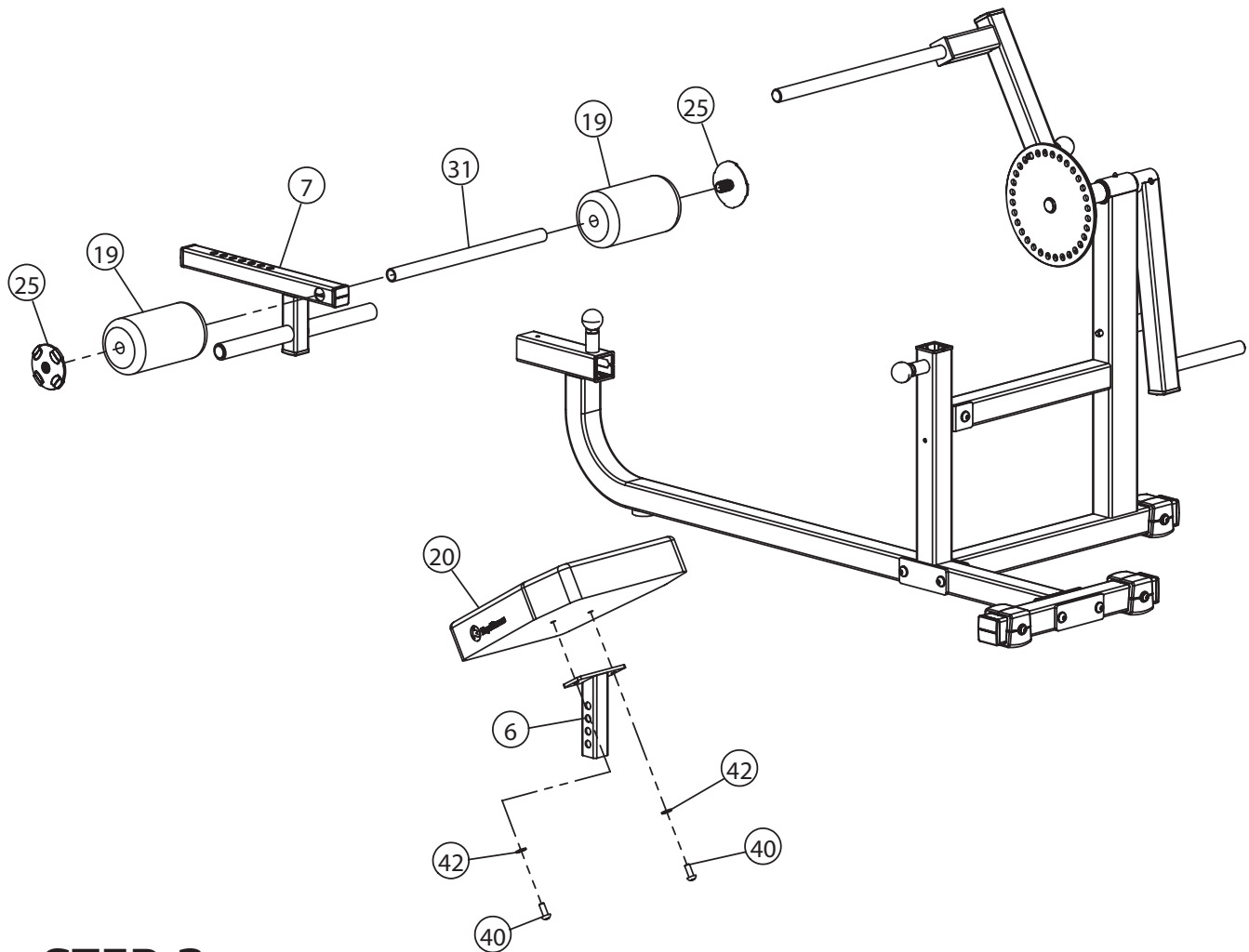
STEP 2

Connect Side Frame (2) to Main Frame (1) using:

- | | |
|-------------------------|-----------------|
| 1 x (38) Bolt | 7 x (42) Washer |
| 3 x (44) Nylon Lock Nut | 2 x (39) Bolt |

Insert Stopper Prong (15) into Side Frame.

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 3

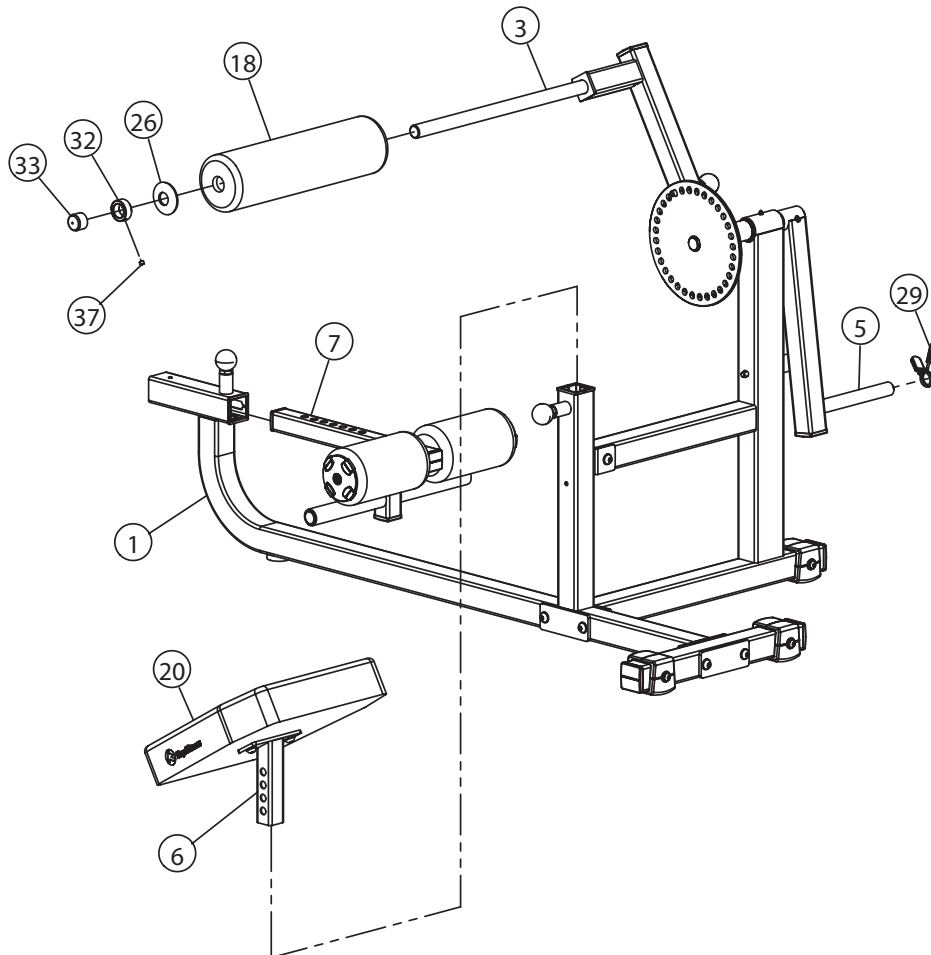
Complete the Adjustable Foot Frame (7) assembly using:

- 1 x (31) Roller Tube
- 2 x (19) Upholstered Roller Pad
- 2 x (25) Big Plug

Complete Seat Pad (20) assembly using:

- 1 x (6) Seat Support
- 2 x (40) Bolt
- 2 x (42) Washer

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 4

Slide Adjustable Foot Frame (7) assembly into Main Frame and secure with Pop pin.

Insert Seat Pad (20) assembly into Main Frame and secure with Pop Pin.

Slide Long Upholstered Roller Pad (18) onto Pivot Arm and secure with:

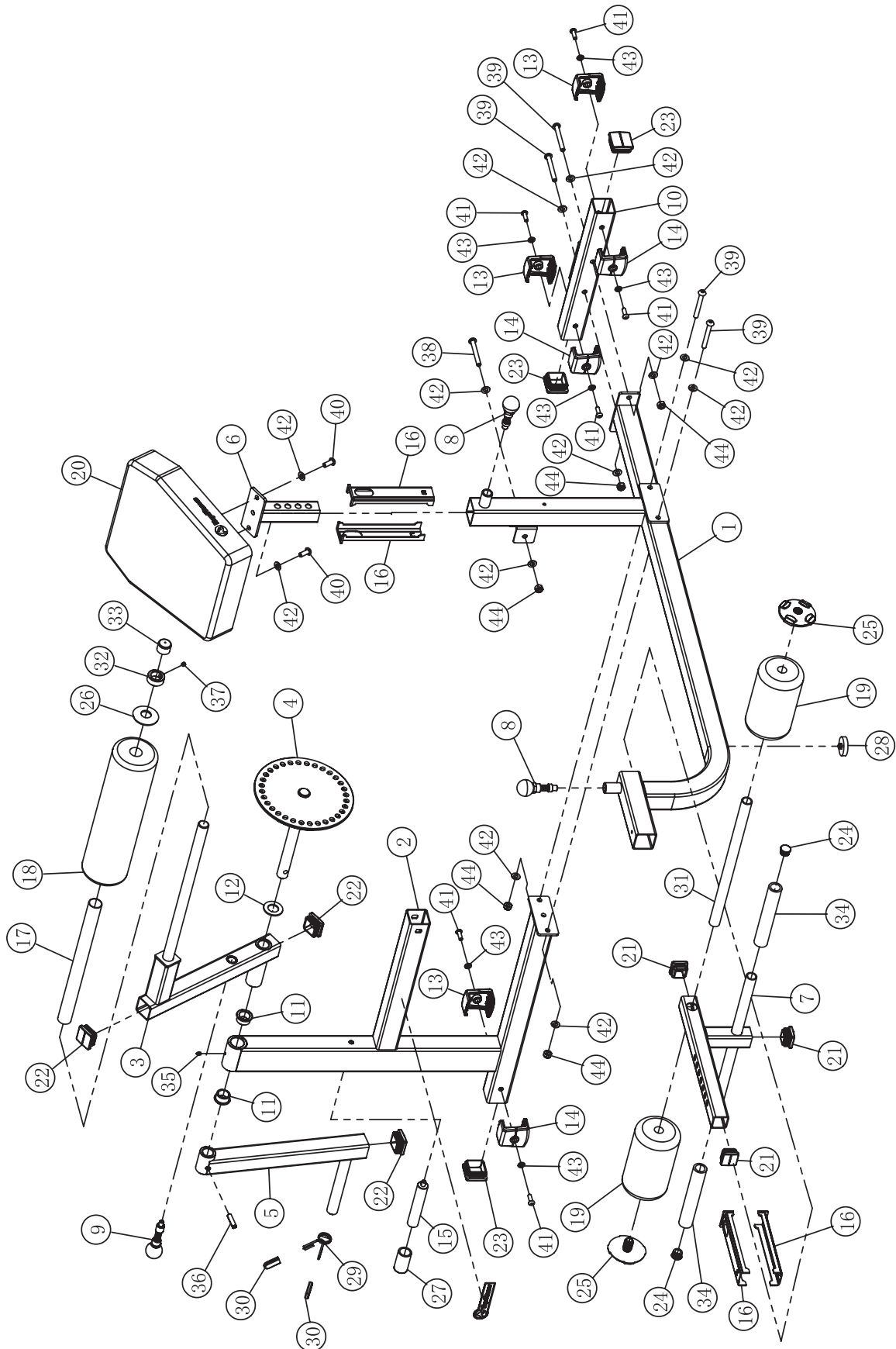
- 1 x (32) Collar
- 1 x (37) Allen Bolt
- 1 x (33) End Cap for Shaft
- 1 x (26) Big Plastic Washer

Use Spring Collar (29) to secure weight plates on Weight Holder.

KF-ABM Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01051	FRAME, MAIN KF-ABM	1
2	223-01052	FRAME, SIDE KF-ABM	1
3	219-00440	PIVOT ARM, KPS-ABM	1
4	219-00128	CIRCULAR PLATE W/ AXLE KPS-ABM/BTM	1
5	219-00146	WEIGHT HOLDER KPS-LEGM	1
6	219-00498	SUPPORT, SEAT KF-ABM	1
7	219-00499	FRAME, FOOT KF-ABM	1
8	210-00257	POP PIN (LOCKING), KF-45/KF-AAB	2
9	210-00259	LONG POP PIN, KF-LEGM	1
10	223-01053	BASE, REAR KF-ABM	1
11	202-00016	BRONZE ID 25.4	2
12	206-00134	PLASTIC WASHER KPS-2050/1850	1
13	206-00392	FOOT CAP, RIGHT 50.8 KF SERIES	3
14	206-00393	FOOT CAP, LEFT 50.8 KF SERIES	3
15	210-00120	STOPPER PRONE	1
16	206-00114	PLASTIC SLEEVE, 50.8x44.5	4
17	206-00436	PLASTIC TUBE FOR FOAM PAD,KPS-ABM	1
18	228-00078	LONG FOAM ROLLER KPS-ABM	1
19	206-00395	FOAM PADDING, 100X22X180 KF SERIES	2
20	228-00241	PAD, SEAT KF-ABM	1
21	206-00182	PLUG 38	3
22	206-00020	PLUG 44.5	3
23	206-00391	SQUARE PLUG, 50.8 KF SERIES	3
24	206-00138	ROUND PLUG 25	2
25	206-00390	PLUG, ROLLER PAD TUBE CAP, KF SERIES	2
26	206-00033	BIG PLASTIC WASHER KPS, 46*26*3	1
27	206-00044	RUBBER SLEEVE KPS	1
28	206-00471	BUMPER, KF-ABM	1
29	219-00008	SPRING COLLAR	1
30	219-00326	SPRING COLLAR PLASTIC GRIPS	2
31	219-00437	ROLLER TUBE, KPS-ABM	1
32	219-00325	COLLAR	1
33	206-00200	END CAP FOR SHAFT	1
34	206-00207	GRIP, 32X23X185	2
35	206-00458	GREASE FITTING, KPS-ABM	1
36	202-00255	PIVOT TENSION PIN	1
37	202-00143	SCREW, M8*6	1
38	202-00637	SCREW, M10X70 BUTTON HEAD SOCKET CAP	1
39	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	4
40	202-00662	SCREW, BUTTON HEAD SOCKET CAP M10X25	2
41	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	6
42	202-00223	WASHER, 11X23X2	12
43	202-00094	WASHER 8, 9*28*2	6
44	202-00091	NYLON NUT, M10	5
45	202-00133	HEX KEY 4	1
46	202-00703	HEX KEY 5	1
47	202-00132	HEX KEY 6	1

Exploded View



KEYS FITNESS PRODUCTS, L.P. LIFETIME WARRANTY



This Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty is non-transferable and valid only to the original purchaser.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases or acquires the Product from you. This Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing and must be assembled / installed according to the instructions included with the Product.

In a light institutional setting, Keys will extend a one year limited warranty to the original purchaser.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal use. In repairing the Product, Keys may replace defective parts with new or, at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasure or forgery of proof-of-purchase documents will be cause to void this Warranty.

This Warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product (d) normal wear and tear; (e) operation on incorrect power supplies; or (f) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE INCLUDED WARRANTY CARD OR REGISTER ON-LINE AT www.keysfitness.com WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP. MAIL WARRANTY CARD TO: KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355



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